

December 2015 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

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Delightful December Doings



First Friday BINGO

Friday, Dec 4th 12:30 pm

Monday Dec 7

Brain Neurobics

10:30 am

Give your brain a work-out with Brain Neurobics presented by Waltonwood. Learn simple mental exercises, fun crafts, puzzles and word games you can do to strengthen connections between both halves of your brain. RSVP at (248) 549-6400.

Wed, Dec 9th & 16th

Antique Jewelry Sale

9 am - 3pm

Stop by the Center to find some beautiful pieces to put you into the holiday mood. Take advantage of reasonable prices and convenience to buy gifts for some of those special persons on your gift list. A little bling can make the heart sing! Proceeds help fund the RO Senior Center.

Friday, Dec 11th

Handbell Holiday Concert

1:15 pm

Enjoy the harmonic bells ringing some of the beautiful music of the Christmas Season performed by our dedicated bell ringers conducted by Sylvia Hartsoe. Free event, refreshments provided by SMART.

Friday, Dec 18th

12:30 pm

Kerry Price on Piano

Sing Along Christmas Party

Refreshments will be served



Don't Forget!

**The Center will be closed
for the Holidays**

Thursday

Dec 24th - Christmas Eve

Dec 31st - New Year's Eve

Friday

Dec 25th - Christmas Day

Jan 1st - New Year's Day

***** EXTENDED TRAVEL *****

<u>Florida Vacation/Shoreline Tours</u>	January 21 - February 3	\$2,399 pp/dbl	
<u>California Coast/Shoreline Tours</u>	February 18 - 25	\$2,799 pp/dbl	
<u>Philly Flower Show/Bianco Tours</u>	March 9 - 12	\$609 pp/dbl	
<u>Washington, D.C./Rybicki Tours</u>	April 21 - 25	\$999 pp/dbl	
<u>Historic Cities of the East/Shoreline</u>	May 22 - 27	\$999 pp/dblq	

***** DAY TRIPS *******Detroit Symphony Orchestra****CLASSICAL Coffee Concerts**

Fridays, 9:15 am- 1:30 pm
\$31 per concert/ Mid Balcony

- December 11: Mozart & Beethoven
- January 22: Bolero
- April 22: The Planets by Holst

POPS Coffee Concerts

9:15 am - 1:30 pm Dress Circle

- | | | |
|----------|------|-------------------------------|
| March 11 | \$49 | St. Patrick's Day Celebration |
| June 10 | \$49 | John Williams' Favorites |

"The Odd Couple" at Purple Rose Theater/Rybicki Tours **Wed, Jan 27 11:45am - 6:15pm**

Be immensely entertained with this comedy which never gets old, and enjoy lunch at the Common Grill as well!
 Cost includes transportation via Motor Coach, performance and lunch. **\$104 T1013**

DIA Days Series! A series of four monthly events designed to inform and entertain you, while enjoying the benefits of the Detroit Institute of Arts' superb programming. You can attend just one event, or all of them!

DIA Days - Part I - "DIA - The Essentials"

Friday, Jan 8, 2016 1 - 2 pm

Join us right here at the Center for a lecture given by one of the DIA's knowledgeable docents. The topic explores select artworks to gain an appreciation of the diversity, quality and world-class status of the museum's collection.

No Fee/Registration Required A1040W

Men are from Mars, Women are from Venus @ City Theater **Sun, Jan 31 1:00 - 5:45 pm**

Based on the New York Times #1 best-selling book of the last decade, the play moves swiftly through a series of vignettes, and covers everything from dating and marriage to the bedroom. This hysterical show is definitely for adults, but will leave audiences laughing and giggling like little kids! Afterwards, we are going to **Pasquale's** in Royal Oak for an early dinner on your own. Cost includes transportation via Senior Bus to City Theatre (inside Hockeytown Café), and performance. **\$40 (dinner on your own) T1034F**

IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE. A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS. SIGN UP EARLY OR THE TRIP MAY BE CANCELLED. FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELLED BY US OR THE TRAVEL AGENT.

Day Trips continued on Page 15



Restaurant of the Month **Maggiano's Little Italy**, Wed., December 9
 12:30 - 2:15 pm. (lunch on your own, Avg. \$14) Experience "All The Joy Of
 Italian Dining with American Style" at Maggiano's with the tradition of fresh-made
 classics, like Mom's Lasagna, while also providing more inspired Italian-American
 entrees, like Maggiano's Signature Flatbreads. Cost includes transportation via
 Senior Bus, (lunch on your own). **\$4 T1036F**

**Mahany/Meininger
Senior Community Center**
3500 Marais
Royal Oak, MI 48073
 (1 block North of 13 Mile Rd.,
 between Main & Crooks)
Phone: (248) 246-3900
Fax: (248) 246-3901

Salter Community Center
1545 E. Lincoln,
Royal Oak 48067
 (10½ Mile Rd, 1 block West
 of Campbell Rd.)
Phone: (248) 246-3180
Fax: (248) 246-3007

Monday - Friday
9:00 am - 4:30 pm

Senior Citizen Coordinator
 Paige Gembariski

Outreach Administrator
 Carolyn Marsh

Sr. Recreation Specialist
 Barbara Harris

R.O.S.E.S.
 Pam Steinmetz
 Dorothy LaSure

Typist/Clerk
 Susan Mutschler

Van Transportation
 Phone: (248) 246-3914
 Monday - Friday
 9:30 am - 12:30 pm
 Carol Haubert, Dispatcher
 Cathy Cricelli, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (at least 1 day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

Medical Equipment Loan Closet

The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted.

Please call (248) 246-3900 prior to bringing in equipment you no longer need.

NOTABLE FOLKS . . .

A Very Special Thanks to

for contributions to Tim's Kitchen, to help keep our lunch program continuing.

Karen Bishop,

Laura Bossenbery

Carol Haubert

Bob Hilton

Dorothy Huff

Jim Karr

Gene Knitig

Betty Negrich

Margaret Roberts

Mary Rubin

Celia Sawdon

Joanne Shintaku

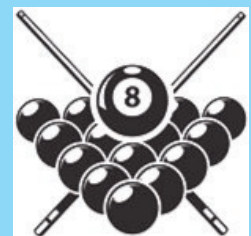
Jean Simmons

EUCHRE PLAYERS

Oct 15th	Ann Schrack
Oct 22nd	Jan Nay
Oct 29th	Tom Hatch
Nov 5th	Don Stuart

***Well Played
Euchre Players!***

**MONTHLY
POOL TOURNAMENT
November 12th, 2015**



Welcome Newcomers!**Monday, Dec 7 10:30 am**

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

Mah-Jongg Drop-In**Wednesdays 9:30-12 pm****Fridays 1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Drop-In Cards**Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

\$1 12:15 pm**Pinochle Tuesdays**

Drop in for pinochle, meet new friends. **\$1 12:30 pm**

Duplicate Bridge Weds.

Drop in with a partner to play duplicate bridge.

\$2 12:30 pm**Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

\$1.00 12:30 pm**Handbells****Fridays 12:45 pm**

Experience the fun of ringing handbells with a group. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. The best time to join the group is in early September to learn the music which will be performed in November and December, or in January for performance from late April to mid-July. Previous ringing experience not necessary, but background with music reading skills is helpful. **\$25/16 wks C1040F**

**Creative Coloring
for Grown Ups****December 7th & 21st****Mondays, 10:30 - 11:30 am**

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

Star-Grabbers**Amateur Astronomy Group****2nd & 4th Wednesdays 10 am**

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

Helping Hands**Tues & Thurs 9:30 am**

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed. Drop off yarn on the days the group meets*

Senior Quilting**Tuesdays 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n' Knit**Tuesdays 1:00 pm**

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced

Crochet Creations**Thursdays 12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

NEW NEW NEW**BINGO - First Fridays****December 4th 12:30 pm**

BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

It's a Technical World!**Computer Club****Wednesdays 12:30 pm**

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

Dec 2 Eric Hayes

Dec 9 Larry Kulp

Dec 16 Rodger Gach Q & A

Dec 23 Jack Vanders

Dec 30 Open

Ask the Computer Lady!**Tuesdays through - December 15****9:15 - 9:45 am C1081F****12:45 - 1:15 pm C1082F**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/ 30 minutes OR \$35/one hour C1087sp**

Laptop Computer Classes**Tues. 10:00 am Dec 1 - 22**

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks. C1089FA**

"Get" Your Gadget"**Tues, 11:15 - noon****Dates thou March 29th available**

This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **(3) 45-min One-on-One class 248-246-3900 \$60/C1080W**

Hearing Tests/Cleaning Hearing Aids

Tues., Jan 12, 2016 1:00 pm

Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900. **Next opportunity will be in March.**

Foot Doctors

Weds., Dec 9th 9 - 11 am

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Financial Aide

Thurs., Dec 16th 10:00 am

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

Focus on the News

1st & 3rd Tues. 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Stipple Drawing

Fri, Oct 30-Dec 18 9:15am

Mike Byrne will teach a technique using only dots applied with a pen or brush in a single color. Supply list given at registration. **\$48/7 wks**

Painting - All Media

Thurs Jan 7 - Feb 25 9:15 am

Mike Byrne instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list is given at sign-up. Pre-registration, **C1092W \$55/8 wks**.

Starts in January 2016!!!

Pastel Drawing Class

Fri, Jan 8 - Feb 26 9:15 am

Mike Byrne will introduce you to the wonderful world of Pastel Drawing and Painting! Beginners through advanced. Pre-registration, **C1094W \$55/8 weeks.**

*** Monthly Matinee ***

Sorry, no matinees in December.

Due to our special events and the shortened monthly schedule

Kerry Price On Piano

Friday, Dec 18th 12:30 pm

Share the joy of the upcoming Christmas season with a sing along of your favorite holiday songs with your friends and neighbors!

Workshop

**Normal Aging/
Not Normal Aging**

Workshop in Dementia

Jan 11th & 12th, 9:30 - 11:30

am. This two hour/two day workshop will help anyone providing direct care to individuals living with dementia, and wishing to improve their ability to approach, connect and provide care. This workshop instructs on the following:

- Compare and contrast "normal aging" versus "not normal aging" related to various cognitive functions.
- Describe the FIVE (5) Sensory Input and Process system, highlighting the dominant role of vision, and the major differences between protective and discriminating sensation in each.
- Discuss the impact of changing sensory awareness and processing as dementia progresses.

Instructor: Amy Kaczmarek, Patient Advocate of Encouraging Healthy Living. Pre-Register. **\$38 C1000W**

Genealogy 101

Thurs., Jan 14 - Feb 18 1 - 4 pm

Learn how to do genealogy and discover your family history. Basic topics: types of records, how to find them; evaluating your evidence; standards of proof; \$5 syllabus fee. Pre-registration **C1010W \$88/6 wks.**

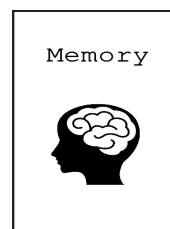
Memory Screening Day!

Coming in January 2016

Royal Oak Senior Center Memory Screening Day. Alzheimer's Foundation of America Memory Advisory Board testing, conducted by a certified health care specialist.

- Effective Screens, sensitive and specific
- Takes less than minutes
- Validated by research

For more information, contact (248) 246-3900.



Lunch & Learns 11:30 am -

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE: CALL (248) 246-3900. (**SPACE IS LIMITED, REGISTER EARLY**) OUR PRESENTATIONS REQUIRE ATTENDANCE; FAILURE TO ATTEND TWO "LUNCH & LEARNS" FOR WHICH YOU HAVE REGISTERED WILL BLOCK YOU FROM SIGNING UP FOR ADDITIONAL WORKSHOPS IN THE YEAR.

Dec 8: Pain Pain Go Away!

Presenter: HealthQuest to learn about effective strategies for Pain Relief while taking your life back. A1033F *Deadline is Dec 3.*

Jan 5: Dangers of "Do-It-Yourself" Estate Planning

Presenter: Eric S Glick, Esq. of THAV GROSS PC. A featured guest on "Law and Reality Live" (WCHB 1200 AM/99.9 FM), Mr. Glick will be available to discuss, and answer YOUR questions on probate, asset protection, wills and trusts, and other legal documents used in estate planning. He will share recent changes in the law, and improper "do-it-yourself" estate planning. *Deadline is Dec 29.*

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. Video workout, free!

Round Dance**Weds. (Beginners) 2:30 - 4:30pm****Thursdays 1:00 pm**

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50 No Class 12/30**

Intermediate Line Dancing**Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. **NO BOOTS!**

Drop-In Ballroom Dance Class**Mondays 1:00 pm**

Join instructor **Bill Scheff** Monday afternoons to learn all the footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$5.**

Massage Therapy

Thursday & Friday, December 17th & 18th by Appt
Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides **35-min massage sessions for \$30, or 75-min sessions for \$60.**

Tai Chi Basic & Chen Style太極拳
TAI CHI CHUAN**Thurs, Jan 7 - Mar 24 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$72/12 C1003W**

Kuratomi Stretching**Weds Jan 6 - Feb 24 10:30 am**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. Students can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. **\$64/8wks C1010W**

Gentle Yoga \$32/7 wks**Monday, Jan 4 - Feb 29****9:15 am (C1029)****1:00 pm (C1030)****Thursday, Jan 7 - Feb 25****1:00 PM (C1033)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended.

Water Aerobics**Weds., 8:30 am****Jan 20 - Mar 9**

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1035W**

**Aqua Zumba****Thurs, 8:30 am****Jan 21 - Mar 10**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: *N.* **\$27/6 wks C1036W**

**Chair Exercise with Cindy****Friday, Dec 4 - Dec 18 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$13/3 C1028F**

Healthy Back Class**Wed, Dec 2 - Dec 16 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$13/3 C1018F**

Yoga**Tues, Dec 29 -****Feb 16 12:45 pm**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. **\$36/8 weeks C1012W**

**Chair Yoga****Wednesday, 12:30 pm****Dec 2 - Dec 16 \$13/3 C1022F****Friday, 11:30 am****Dec 4 - Dec 18 \$13/3 C1025F**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Pilates/Core Body conditioning**Mon, Jan 4 - Feb 29 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor **Cheryl Baugh, ACSM** **\$36/8 wks - C1067W No class Jan 18**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, December 21 10 am

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10 am

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Assistance Group

Wednesdays 9 am

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, December 17 1 pm

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 am

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors Resource Center

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly

LOOKING FOR A FEW GOOD VOLUNTEERS!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

TRANSPORTATION

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

NEEDED:**Tax Aide Volunteers for AARP Program**

The AARP Tax-Aide Program is a national volunteer program sponsored by the IRS and the AARP in partnership with Community Centers.

Tax aide volunteers are being recruited now, for Southeast Oakland County, to provide free tax preparation services to low and moderate income taxpayers, especially seniors. Volunteers of all ages are needed for tax preparation and support positions:

- Good with numbers? Be a tax volunteer.
- Skilled in all things digital? Be a technology coordinator.
- Organized? Help sort tax paperwork, distribute materials, etc.
- Love working with people? Be a greeter.

Volunteers will training in tax law, tax return preparation and IRS tax software during January 2016 training for the tax season starting in February. Contact Chuck Raeder, AARP District Coordinator at (248) 885-8963 or craeder@comcast.net

Royal Oak Schools**December 2015 Activities**

Board of Education Meeting **800 DeVillen**
Thursday, December 10 **7:00 pm**

ATHLETICS - Royal Oak High School**Boys Varsity Ice Hockey**

Weds., Dec 2, 8:00 pm vs. Lakeview HS
Sat, Dec 5, 7:30 pm vs Bloomfield Hills HS
Wed, Dec 9, 7:30 pm (Lindell Arena) vs. Lakeland HS
Sat, Dec 19, 7:30 pm vs. Troy HS

Girls Varsity Basketball

Fri, Dec 4, 7:00 pm vs. Shrine HS
Thurs, Dec 17, 7:00 pm vs. Seaholm HS

Boys Varsity Swimming

Thurs., Dec 17, 6:00 pm vs. Rochester HS

PERFORMING ARTS - RO High School**ROHS Winter Band Concert**

Thurs, December 3rd 7:00 pm

ROHS Winter Orchestra Concert

Fri, December 4th 7 - 10 pm

ROHS All City Vocal Music Festival

Wed., December 16th, 7:00 pm

Evening Recreational Swim

September 10, 2015 - March 3, 2016

RO Middle School 709 N. Washington

Family Open Swim

Monday evening 7:30 - 8:30 pm.

Adult Open Swim (lap swimming)

Monday evening 8:30 - 9:45 pm.

Thursday evening 8:45 - 10 pm

Bring swimsuit, towel and lock; NO flotation devices.

Seniors	Adults and Children	Age 5 and Under
Free with Gold Card	\$5	Free

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the: Churchill Community Education Center, 707 Girard, Royal Oak. For information, please call (248) 588-5050

- **Help**
- **Wanted**



The R.O.S.E.S. Program - 2015
(Royal Oak Senior Essential Services)

is looking for able-bodied persons with good work ethic and home maintenance skills to register for the following programs:

- **Home Chores:**

Snow Shoveling, Yard Work, Housework and gutter cleaning (1st level)

- **Home Repairs:**

Painting, minor plumbing, carpentry and minor Electrical work. (Work of a scope that does not require a licensed contractor.)

All workers will be required to complete an application, and be subject to a background check.

Please visit the:

Mahany/Meininger Senior
Community Center (3500 Marais)

Monday - Friday, 9:00 am - 4:30 pm or
call (248) 246-3918 for more information.

Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support Group.....Thursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-In..... Monday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In

.....**Rubber** \$1 - Mondays, 12:15 pm
..... **Duplicate** \$2 - Wednesdays, 12:30 pm
Drop in with partner to play bridge.

Computer Club..... Wednesdays, 12:30 pm
For computer enthusiasts with some experience.

Crochet Creations.....Thursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - Ballroom..... Mondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line Fridays, 1 pm
Drop-in, \$2.

Dance - Round Thursdays, 1 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Dance - Round (Beginners) Wednesdays, 2:30 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Deaf Assistance Wednesdays, 9 am
Join for socialization.

Euchre, Drop-In.....Thursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba..... Thurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register, fee.

Exercise - Chair Yoga (DVD).....Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga...Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/Cindy.....Friday, 10:30 am
Gentle but effective exercise. Pre-register, fee.

Exercise – Gentle Yoga Monday 9:15 am and 1:00 PM,
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register, fee.

Exercise – Senior Pilates..... Monday, 10:30 am
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes..... Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to a Richard Simmons video tape, no charge.

Exercise – Sit Down & Tone-Up Tues/Thurs, 10:30 am
no charge.

Exercise - Tai Chi Thurs., 9:15 am
Chinese exercise of moving meditation, pre-register, fee.

Exercise—Water Aerobics Wed, 8:30 am
Water exercises at RO Middle School, pre-register, fee.

Exercise - Yoga Tuesday, 12:45 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register, fee.

Financial/Investment Aide 3rd Thursday, 10:00am
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

Focus On the News.....1st & 3rd Tuesday, 10:30am
Fun & lively discussion of current news happenings, free.

Foot Doctor2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Handbells Level II, Friday, 12:45 pm
Pre-register, fee. Resumes Friday, September 9.

Helping Hands Tuesday & Thursday, 9:30 am
Making blankets for charity.

Kerry Price3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi Stretching.....Wednesday, 10:30 am
Japanese forms and Jumeo to open the body, mind & spirit gently and naturally. Pre-register, fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In...Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy.....3rd Thursday & Friday, by apt.
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 pm

Painting Classes.....Thursday, 9:15 am
All media and all stages of development. Pre-register, fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pastel Drawing (Starts Jan 8) Friday, 9:15 - 11:45 am
Discover the luminous beauty of art through pastel chalks and pencils. Pre-register, fee.

Pinochle, Drop-In Tuesdays, 12:30 pm
Drop-in for pinochle, meet new friends, \$1.

Senior Quilting.....Tuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.



Sit 'n' Knit..... Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers..... 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Stipple Drawing Friday, 9:15 - 11:45 am
Art created using only dots applied with a pen or brush.

Welcome Newcomers!.....1st Monday, 10:30 am

December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
December Birthstone: Turquoise December Flower: Narcissus or Poinsettia December Zodiac: Sagittarius Nov 22 - Dec 21 Capricorn Dec 22 - Jan 19	1 9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit & Knit	2 8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/bgrrs	3 8:30 AM Aqua Zumba 9:15 AM Painting/All Media 9:15AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga	4 9:15 AM Stipple Painting 9:30 AM Silver Foxes 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/Drop-In
7 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Creative Coloring 10:30 AM Brain Neurobics 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting	8 9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit & Knit	9 8:30 AM Water Aerobics 9:00 AM Foot Doctors/Appt 9:00 AM Jewelry Sale 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/bgrrs	10 8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga	11 9:15 AM Stipple Painting 9:30 AM Silver Foxes 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In 1:15 PM Handbell Holiday Concert
14 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting	15 9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Laptop Class 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop-In 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit & Knit	16 8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:00 AM Jewelry Sale 9:30 AM Silver Foxes 9:30 AM Mah Jongg/Drop-In 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/beginners	17 8:30 AM Aqua Zumba 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aid/Appt. 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga By Appt Legal Aid By Appt Massage Therapy	18 9:15 AM Stipple Painting 9:30 AM Silver Foxes 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In By Appt Massage Therapy
21 9:30 AM Silver Foxes 10:00 AM Alzheimers Support 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Creative Coloring/Adults 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom	22 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 12:30 PM Pinochle, drop-in 1:00 PM Sit & Knit	23 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 2:30 PM Round Dance/beginners	 CLOSED FOR THE CHRISTMAS HOLIDAY	
28 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom	29 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 12:30 PM Pinochle, drop-in 12:45 PM Yoga 1:00 PM Sit & Knit	30 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 7:00 PM Dinner Dance	 CLOSED FOR THE NEW YEAR HOLIDAY	
Mahany/Meininger Senior Community Center				

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00

Tuesday	1	Chow Mein Chicken Patty	
Wednesday	2	Meatloaf with Gravy	
Thursday	3	Sesame Chicken	
Friday	4	White Veggie Chili	
Monday	7	Tuna Noodle Bake	
Tuesday	8	Pasta with Meath Sauce	
Wednesday	9	Sweet & Sour Chicken	♥ Heart Smart
Thursday	10	Pork Chop	
Friday	11	Chicken Tetrizzini	
Monday	14	Chicken Parmesan	
Tuesday	15	Teriyaki Pork	
Wednesday	16	Beef Goulash	
Thursday	17	Chicken Pasta Salad	♥ Heart Smart
Friday	18	Crab Cake	
Monday	21	Pork CHop	
Tuesday	22	Swiss CHicken	
Wednesday	23	Sliced Ham	
Monday	28	Spaghetti with Meatball	
Tuesday	29	Bratwurst	
Wednesday	30	Chicken Patty with Gravy	

Call (248) 246-3900, at least one day in advance to reserve a meal (call before 1 pm).

Lunch is served at 11:45 a.m.

Salter Center Book Club

Mon, Dec 21 10-11:30 am

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. December's book is "The Art Forger" by B.A. Shapiro.

Drop-In Pinochle

Wed & Fridays 12:45 pm

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 am

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

Sit Down and Tone Up

Mon - Wed - Fri 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Yoga

Thurs. Jan 7 - Feb 25 10:15 am

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2014.**

DROP-IN-SPORTS

At the Salter Center

Pickleball

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

Mondays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym

Tuesdays -

1:00 - 3:00 pm All levels, East Gym
12:30 - 2:15 4.0 & higher, West Gym

Wednesdays -

11:00am-1:00pm or 1:00-3:00 pm
All levels, East Gym
11:00am-2:00pm
3.5 & Higher (West Gym) **\$3**

Fridays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym
5:00-7:15 pm Open to ages 19 & Up, East Gym
12:30-2:00pm 3.5 & Higher mixer, West Gym

Bounce Volleyball

Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

Tai Chi Chuan

Standing/Chen Style Laojia Yuile

Tues, Jan 5 - Mar 22 10:00am

Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013 \$72/12 wks.**

Stretch & Strength Training

(40+ cardio weights & strengthening) 11 am - Noon

Winter 1 Mon, Jan 4 - Feb 22
Weds, Jan 6 - Feb 10
Fri, Jan 8 - Feb 12

Improve your strength, stamina and flexibility. Exercises are adaptable to your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. **Jo Schirtzinger** of Leisure Unlimited, has instructed this class since 1996. *No class 1/18/16*

\$26/6 wks for 1 day; **SA2008**

\$46/6 wks for 2 day; **SA20090**

\$64/6 wks for 3 day; **SA2010**

\$5 drop-in fee

Balance Training (50+)

Fri Jan 8 - Feb 12 12:30pm

This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, of Leisure Unlimited, has been fitness teaching since 1994.

\$24/6 wks SA2006

Let's Walk!

Monday-Friday 8:30 - 11:00 am

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join **Let's Walk!** and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.



Notable Folks ...

CONGRATULATIONS,
to the following walker!

Barbara Kelley 1,300 miles

NEW WALKERS WELCOME!

December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>I heard a bird sing In the dark of December, A magical thing, And sweet to remember: "We are nearer to spring Than we were in September." Oliver Hereford "Hope"</p>	<p>1 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>2 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>3 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>4 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength & Stretch 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>7 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>8 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>9 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>10 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>11 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>14 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>15 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>16 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>17 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>18 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
21	22	23	24 Christmas Eve	25 Christmas Day
<p>The Salter Center will be undergoing flooring repairs/replacement during the Holidays. No classes or drop-in activities will be held during this time.</p> 				
28	29	30	31 New Years Eve	
<p>Enjoy your Holidays -</p> <p>See you back at the center the week beginning: Monday, January 4, 2016.</p> 				
Jack & Patti Salter Senior Community Center				

*** **DAY TRIPS** ****(continued)***Mardi Gras at Caesar's Windsor/Bianco Tours Tues., February 9, 2016**

It's Fat Tuesday! Come along to the Mardi Gras celebration and enjoy free coffee and paczkis. Receive a FREE lunch buffet, OR a \$15 meal voucher OR a \$15 coin voucher. Cost includes transportation via motor coach. **\$25 T1009W**

DIA Days - Part II Friday, February 12, 2016 12:30 - 4:30 pm

Our second in the DIA Days educational series is a visit to the Detroit Institute of Arts, which will include a docent-led tour entitled "Through her Eyes: Women Artists in the DIA's Collection". Viewing the work of women artists in the DIA's collection heightens awareness of the creative contributions of women across cultures and time and provides a lens through which to explore issue of gender, relationships between generations, politics, and culture. Cost includes transportation via motor coach, cookie reception and tour. **\$5 T1012W**

Russian Tea at the Royal Eagle Restaurant at St. Sabbas Monastery, Thurs. Feb 18

11:15am - 2:30pm "Tall arched windows allow diners at the linen-covered tables to see the gardens. Included in the décor are portraits of Nicholas and Alexandra Romanov of Russia, in whose memory the place is dedicated. At tea, which is really more of a luncheon, cucumber and other tea sandwiches, smoked salmon, and Russian crepes, as well as an array of sweets and a choice of more than 40 loose-leaf teas are served. Everything is prepared in-house by Czech-heritage chef Petr Balcarovsky, who studied culinary arts in Europe and is one of the St. Sabbas parishioners." Cost includes transportation via Senior Bus, and Tea. **\$37 T1010W**

Calendar Girls at Meadowbrook Theater Wed, March 23, 2016 10:30 am - 5:00 pm

We'll start with a scrumptious meal at Mitchell's Fish Market: your choice of Fish Sandwich, Shrimp or Fish Tacos, Parmesan Chicken Salad or Broiled Cod. Then it's off to the play! It's the true story of friends who pose nude for a calendar to raise funds for the Leukemia Research Fund. Beautiful, poignant. Cost includes transportation via Senior Bus, lunch and performance. Make lunch selection at registration. **\$57 T1008W**

FUTURE DATES FOR DAY TRIP FUN!**MARK YOUR CALENDARS!**

Thursday	Monday
April 28, 2016	May 9, 2016
Zehnder's "Ragtime Festival"	Soaring Eagle "Chubby Checker"

JUST A REMINDER! If you are traveling with us:

- Arrive 15 - 30 min. ahead.
- CHECK-IN with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

All trip dates, descriptions and prices are subject to change.